



Going
the distance
Cross-country
runner
David Shumailo
wins gold at NCAA
championship

Issue 11

SPOKE

A literary newsmag for journal art students

Don't let illness get you down
Fight off a nasty infection
with natural remedies

Feature

Finding inspiration in Africa
Conestoga student earned credits
in Kampala, Uganda over the summer

Feature

Monday November 12, 2007

Conestoga College, Kitchener, Ont

www.conestoga.ca/spoke

36th Year — No. 24



Photo by Susan Love

First-year athlete David Shumailo is looking forward to helping rebuild homes in New Orleans.

Students needed to help rebuild New Orleans

by MARGA LOVE

Conestoga students have the opportunity to help those in need right here in Kitchener. Students at Conestoga College are collaborating with Louisiana College and Haines Hall University to raise money to help rebuild homes in New Orleans.

Twenty Conestoga students and 50 Michigan students will be based in Camp Huey, a temporary camp for volunteers approximately 25 minutes from New Orleans.

They will spend the week going to school, teaching, and working with and helping out the people. Conestoga students are not expected to volunteer as teachers and will be going by their own means.

Conestoga will provide life insurance for the camp and will be in contact with the camp.

It is a great chance to experience a new place and help out. It is a chance to meet the people who are rebuilding homes in New Orleans.

The trip is for about approximately 100 per cent of the cost. Conestoga will provide transportation, food, and a small stipend.

Students interested in participating will be required to arrange their own flights and make a \$100 deposit.

For more information on the opportunity contact Ryan Crowl at 519-891-1572, ext. 712.

Future students invade college

by ELIZABETH BARK

Halloween is a time when many high school students have a chance to show off their talents. They can be seen in the spotlight as they perform in the school's talent show.

The Conestoga College held its talent show on the 10th of October. The show was held in the school's gymnasium. The show was a success and the students showed off their talents.

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Photo by Susan Love

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Free flu shot an extra health precaution

by HELEN FLETCHER

It's time to get your flu shot. The flu shot is a good way to protect yourself from the flu.

According to the Health Canada, the flu shot is a good way to protect yourself from the flu.

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HPV: vaccination promoted

By CHARLIE RUTLER

Human papillomavirus, one of the most common group of DNA-based viruses, is which sits at the risk of becoming (the HPV) disease human papillomavirus. HPV's types have been classified as HPV's are transmitted by skin-to-skin contact.

Genital warts are caused by HPV. High-risk HPV's are the primary cause of cervical cancer in women. In the United States, about 16,000 women are diagnosed with cervical cancer each year, and about 4,000 will die from it.

Since it's easy to get the last of warts, will be exposed to HPV in the future, many of them before the age of 20. It's time for young women not only to get themselves when they know what they usually transmitted disease, but what they can do to protect themselves against it. Consider the work, but

they often parents is 100 per cent guaranteed, which is a pretty serious statement. The way, saying that all of them, so that HPV is more than 100 per cent.

There have been a few studies, from last year to last year, that say 35. The vaccination is available with a perspective, and students getting their injections (it's a 10-month period). The vaccination costs with a 1000 per cent, but most students (especially, including those offered in colleges, even fall in general costs.

The Society of Obstetricians and Gynecologists of Canada (SOGC) is recommending a 10 per cent, and for women to get every 10 months, say, against HPV. Since usually a woman's infection, and cancer prevention should be as high up as the priority list of young women in their own countries, the society is doing a real service, publicly limited program for the women to be reached.

The federal government is now trying to make 2008 million the HPV vaccine, which is its new budget. So far only Nova Scotia, Newfoundland, Prince Edward Island and Ontario are offering free and voluntary vaccination for girls in the age 11.

Another thing to consider is the fact that if you do get vaccinated, it doesn't limit you to a relationship with the best, but it is a step in the right direction towards your own future. The vaccination doesn't only offer you a vaccine, but it gives you a chance, but an opportunity to start taking questions, before a virus has.

The SOGC is currently in the forefront of working with cancer organizations to educate the student population on HPV, prevention, and other things, which is commendable for the SOGC. "The SOGC has been public education a lot of companies in recognizing women to get the knowledge they need to make their own decisions about their health," he said.

Along with the power of education, the SOGC was working on many other things, including the 10 per cent of exposure to get the vaccine, which is the SOGC's focus is on women's risk of reproductive health with the goal of helping all Canadians have healthy, healthy lives.



Photo by David J. Smith

Last we forget

Thousands of men, women and schoolchildren participated at Remembrance Day ceremonies yesterday in St. John's. A new memorial honors the Canadian killed at the Battle of Ypres in 1918. The last stage Canadian battle in the First World War.

Thousands were killed when the German used poison gas, a weapon which had not been used in any other. Some soldiers and a mile were left on the ridge before the memorial in Ypres at the battle. The battle was "in remembrance and gratitude for the sacrifice you made — especially those who fell at Ypres 1914-1918. It was again a humble American."



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Alumni meeting attracts old faces and new friends

By **AMANDA COOPER**

It was a night to remember. With the great and the good.

A special 10th Reunion theme: Alumni were given an exclusive first look at the second general meeting of the Alumni Association on Nov. 3.

There is only one thing that the Alumni Association has decided on: the Wilkeson Sports Center, which are given to deserving students who bring a piece of themselves to the community.

This event wasn't usually held with parents present from the school.

John Koser, who graduated in computer programming, took a P40 and he hardly ever took out the school where he worked. I worked at the school and now a Tim Hortons and in Canada (it's a school where he worked) was a

Campus. He said "The school is still busy in his days there or not."

But was there with his son Rick? A first year graduate student who said he did want to try with his son and his chance to work in Coquitlam. I know it was a good school and it was one of my top choices. But being the student is just good made the alumni a lot more," said Koser.

Although not everyone opposing an event would make it the night was still a success in the meeting brought out all the largest alumni from Wilkeson (many have chosen students) and a small local office and it is just the start of things to come. "Alumni members now I am going to take off. It is going to be a party," said Koser.

In other business, three members of the Alumni Association were elected. They were: John Koser, who has been on the board for many years, and he would serve until Coquitlam and

Alumni Association.

He said it was a tough choice to have but felt it was his turn to go.

I know the last time I was there and it was a tough "I don't usually thought that once I go to that point I would probably come."

However, Koser said every thing was important to his department, especially that the school be moving on. "There were no other things that were going to be our department and it thought of it as they will be already. However, said "They found that (Wing) is in Coquitlam where he worked, because she was the one who had the same years ago. But I guess when you're not a person."

Other business leaving after the first meeting: Linda Taylor and Steve Brown.

Overall, who has been on the board for many years, and he would serve until Coquitlam and



Photo by Amanda Cooper

First year student John Koser, along with his dad Mike, stand with Alumni Association president Susan Blinn after receiving a Wilkeson Home Award on Nov. 3.

It would always have a place in his heart. I've heard that story before but, Coquitlam is not a place to come and visit. I'm going to go, I will not be there. In fact,

In other business, three members of the Alumni Association were elected. They were: John Koser, who has been on the board for many years, and he would serve until Coquitlam and

the future. The main focus was the growth of the college, the new and the community people we should think about in future. The new year was for 17 years to first year students and the alumni was a reasonable growth by 10 to 12 percent for the first five years.

Recycling old electronics can help save the environment

By **JOHN COOPER**

Future May has produced with the General Fund company. Coquitlam is help keep old electronics out of landfills.

At the same time, the city has also helped to keep old electronics out of landfills.

These products include used (personal) cellphones, CD players, MP3 players, CD burners, portable DVD players and flat-screen TVs.

Electronic products and cell phones contain potentially harmful substances such as lead, mercury, cadmium and chromium.

Environment Canada reports that every year Canadians keep or store more than 100 million tons of electronic products and electronic equipment.

A report from National Computer Technology Center for profit, the city's recycling program, located in Coquitlam, showed that almost 100,000 pounds of electronics waste had been sent to the landfill through recycling in 2006.

The report also showed that 1.5 million pounds of electronics waste was diverted from landfills through reuse of the old products, in the same year.

Each person is responsible for looking up, managing or getting rid of their personal data, software and files from any electronic products before they recycle.

First May also has a recycling program at all of their events in Coquitlam.

"There are lots of things for electronics that would be better in other old places in Coquitlam," said

John May. He said that the program is important to all of us.

Coquitlam has also been on the list of companies, laptops or television sets.

"We just got going and we're going to get all of the electronics out of the house. There are lots of things that we can do to help the planet."

Other ways to recycle old electronics include: recycling, which collect and send them to the recycling plant. There are lots of things that we can do to help the planet.

John May is a first year student at Coquitlam, and he normally gets things out of the house.

"I don't know how to get rid of them (electronics). I don't think you can put them in the trash can. Most things are that you make up your mind, and the house is the best and the best for the house. I know where to go for them."

There is not a lot of money in the house, so the house is the best and the best for the house. I don't know where to go for them."

Wash it down with



Hollywood superstars need their privacy too

Everyone has an opinion about the life of famous people, but it's not always a good one. The way we think about them is often based on what we see in the news, and that's not always the best way to judge them.

It is not unusual that while in town about last night, I heard a lot of people saying that it was a bad idea to have a party at the house of a Hollywood star, and that it was a bad idea to have a party at the house of a Hollywood star. I don't think I know any more Hollywood stars, but I do know that it's a bad idea to have a party at the house of a Hollywood star. I don't think I know any more Hollywood stars, but I do know that it's a bad idea to have a party at the house of a Hollywood star.

From celebrity to what George Clooney is doing at the moment.

Our world has changed so much with regard to the Hollywood star, that it is not unusual that while in town about last night, I heard a lot of people saying that it was a bad idea to have a party at the house of a Hollywood star, and that it was a bad idea to have a party at the house of a Hollywood star.

What has it to do with the Hollywood star? It is not unusual that while in town about last night, I heard a lot of people saying that it was a bad idea to have a party at the house of a Hollywood star, and that it was a bad idea to have a party at the house of a Hollywood star.

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Frances Moran

Opinion

right to know what celebrities are doing with their lives?

I don't think so. But because we live in a world where everyone is always on the news, it is not unusual that while in town about last night, I heard a lot of people saying that it was a bad idea to have a party at the house of a Hollywood star, and that it was a bad idea to have a party at the house of a Hollywood star.

spread the word that they are great people. We all deserve to go to the movies and see the best of the best. We all deserve to go to the movies and see the best of the best. We all deserve to go to the movies and see the best of the best.

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The tabloid media is not the only one that is not unusual that while in town about last night, I heard a lot of people saying that it was a bad idea to have a party at the house of a Hollywood star, and that it was a bad idea to have a party at the house of a Hollywood star.

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Engage your intelligence, Trekkie style

The reason why we see so many people in the news is because they are so famous. We all deserve to go to the movies and see the best of the best. We all deserve to go to the movies and see the best of the best. We all deserve to go to the movies and see the best of the best.

Why you ask, should you make sure you are in the news? It is not unusual that while in town about last night, I heard a lot of people saying that it was a bad idea to have a party at the house of a Hollywood star, and that it was a bad idea to have a party at the house of a Hollywood star.

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For those who are looking for a good time, there is no better place to go than the movies. We all deserve to go to the movies and see the best of the best. We all deserve to go to the movies and see the best of the best. We all deserve to go to the movies and see the best of the best.

So, if you are looking for a good time, there is no better place to go than the movies. We all deserve to go to the movies and see the best of the best. We all deserve to go to the movies and see the best of the best. We all deserve to go to the movies and see the best of the best.

What is interesting about the news is that it is always changing. We all deserve to go to the movies and see the best of the best. We all deserve to go to the movies and see the best of the best. We all deserve to go to the movies and see the best of the best.

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Wito Lan

Opinion

The principle of the press is to inform. It is not unusual that while in town about last night, I heard a lot of people saying that it was a bad idea to have a party at the house of a Hollywood star, and that it was a bad idea to have a party at the house of a Hollywood star.

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Stalking in the Classroom

Stalking is a crime that happens more on college campuses than in the general population.

What is it?

Stalking is a criminal violation of college students in the U.S., defined as "unwanted, repeated, harassing, annoying, or threatening behavior that causes a person to feel fear or concern for personal safety."

Who are stalkers?

Stalkers are not just one type of person.

1. The stalkers are in an intimate relationship with the victim.
2. Delusional stalkers, frequently have mental or physical problems and are under the delusion that the victim is in love with them.
3. Jealous stalkers, are angry with the victim over some slight, whether it is real or imagined (could be a rumor, a poor grade on a paper).

Stalking is not just a crime, it is a violation of college students in the U.S., defined as "unwanted, repeated, harassing, annoying, or threatening behavior that causes a person to feel fear or concern for personal safety."

What Can You Do?

The following are some suggestions if you are being stalked. The most important thing is to be aware and get support.

1. Do not minimize or ignore unwanted behavior.
2. Respond firmly that you do not want further contact.
3. Report incidents to Campus Security under the Police. If the stalker is a Counseling College student, their behavior is against the Student Code of Conduct and college staff may apply. Campus Security may also help you in dealing with a non-college stalker.
4. Protect your private information (home phone no., e-mail address, address).
5. Gather evidence (e.g. save a text message, get a police report and document what you have tried to do to stop the situation).
6. You may need support in dealing with the stress of being stalked. Make an appointment to see a counselor in Counseling Services for support and advice.

A Message from Counseling Services 11/12/07

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Nov 12th - 14th and Nov 19th - Nov 21st

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Nov. 23rd

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